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BODY CONTOURING THROUGH LIPOSUCTION SURGERY

For some people, certain areas of the body and face are resistant to diet and exercise. Luckily, liposuction surgery can be the perfect procedure to rid one's self of unwanted body bulges.

Although liposuction surgery is not a remedy for overall weight management, it is very effective for spot reduction. Areas commonly treated are the abdomen, flanks (love handles), inner thighs, outer thighs (saddle bags), knees, arms and the lower face/neck area. Liposuction can be performed alone or in conjunction with other surgeries such as facelifts or "tummy tucks".

Very small incisions are hidden in natural creases, the belly button and within the hair and are normally closed with 1 or 2 stitches. There is no need for a general anesthesia. A combination of oral and intravenous sedation will keep you comfortable and unaware. Tumescence local anesthesia is used to completely anesthetize the surgical areas and minimize bruising. A compression garment is worn for the next 3 weeks to decrease swelling and bruising as well as aid in post-operative comfort. It holds tissues in place to maintain the shape obtained with surgery.

Walking may be resumed right away and light exercised such as swimming, the stationary bicycle and a flat treadmill can be added 1 week later. At 3 weeks post-op you may gradually add aerobic exercises as desired and tolerated.

For most people, pain is minimal and can easily be controlled with Tylenol or Ibuprofen. Your work schedule may be resumed anywhere between 2 to 7 days depending on how strenuous your job is.